



This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

### Usage guidelines

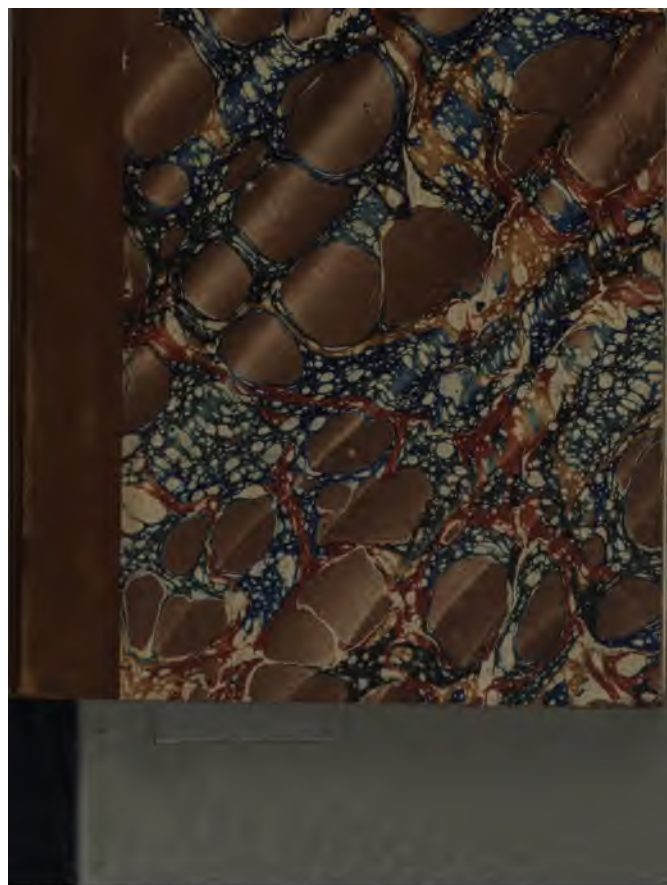
Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

- + *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.
- + *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.
- + *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.
- + *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

### About Google Book Search

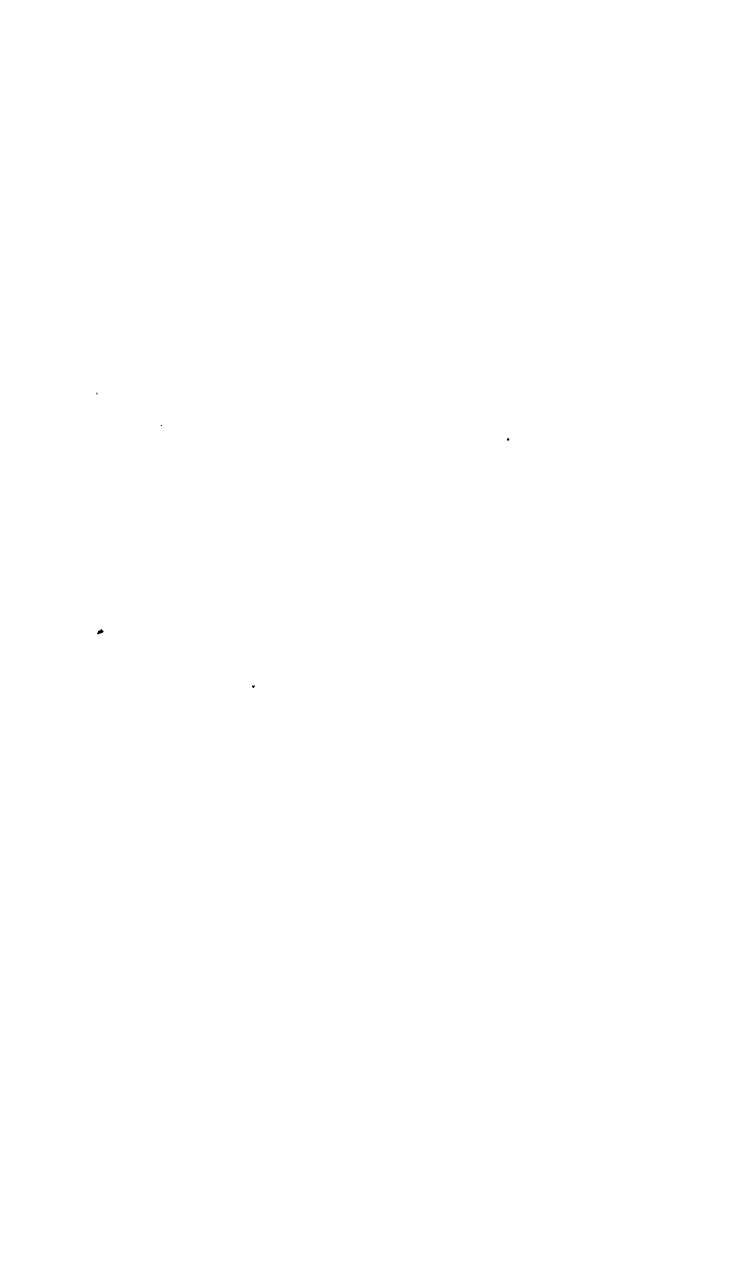
Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at <http://books.google.com/>



48.918.







**RESULTS OF EXPERIENCE**  
**AND**  
**SUGGESTIONS FOR ECONOMY**  
**IN**  
**ARTICLES OF FOOD,**

**NOW COMPARATIVELY LITTLE USED IN MANY**  
**PARTS OF THE COUNTRY.**

**BY A**  
**PRACTICAL MAN.**



---

**LONDON:**  
**EFFINGHAM WILSON, 11, ROYAL EXCHANGE.**

—  
**1848.**



## ADVERTISEMENT.

---

THE advantages of such an establishment as is here suggested, would extend to various classes. By this means good soup might be sold at a low price, enabling mechanics and others to purchase a comfortable hot meal at less expense than bread and cheese ; with the advantage, when desired, of having it served on the premises.

From what is here stated, as the result of experiments made on a small scale and under many disadvantages, it is obvious the same principle, adapted to local circumstances, and with the receipts here given, might be carried out on a larger scale with very great benefit. The soup prepared in large quantities, could be supplied at a lower price than that at which a small quantity could be made. And as it could be furnished ready to be warmed for use, it would admit of distribution,



either to private persons to be consumed at home, or in any other way. Even to families of a higher class than the labourer or mechanic, it has been found a convenience. The jelly and glaze, both of superior quality, and very moderate price, command a ready sale; as do also the other articles described.

It may be here mentioned that some of the soup being given to a poor man (a stranger seeking work), accompanied with the information as to what could be done by the purchase of sixpenny-worth of fresh bones, he thankfully accepted it, and told the writer that he ought to *publish* this information, as he was sure it would prove a great good to many.

---

# RESULTS OF EXPERIENCE, ETC., ETC.

---

## TO MAKE GOOD AND ECONOMICAL SOUP, AND OTHER ARTICLES OF NUTRITIOUS AND EXCELLENT FOOD.

It would be a good thing for the country if there was a soup establishment in every town and village. This could be effected by having proper kitchens fitted up for the purpose, which might be done at a small expense. With proper conveniences for making it in large quantities, soup, both such as that for which the receipt is here given, and such as is generally used in families at a very heavy cost, might be supplied at a trifling charge (according to the quantity made), say about 4*d.* a gallon. Had not experience convinced me, I never could have credited to what valuable purposes good fresh bones may be turned. The marrow-bone, which before boiling is full of marrow, after it has been boiled, it is then like a marrow-bone.

48. 918.



to one penny per pound. Put them into three gallons of water ; having first sawed or chopped them small, in order to get the marrow out in the boiling. When the water begins to boil, take off the scum or froth, which rises both from bones and meat ; some fat will skim off with it, which, if left in a basin, will form a cake by itself at the bottom of the skimmings. Let the bones simmer or boil gently, for two and a half or three hours ; then take them out, put them in a pan, and take off what meat you can, which will be from half a pound to two pounds, according to the sort of bones. Leg-of-beef-bones are best. Rump and marrow-bones next. Ribs of beef are very good for soup, after the meat has been trimmed from them. Shanks of mutton are good ; and would make very nice mutton broth. All bones are good for soup, if fresh and sweet.

The meat thus taken off, is ready to add to the soup when served ; and the bones are put back into the boiler to simmer or boil for several hours (twelve hours is not too much). Then skim off the fat or dripping into a pan ; and when cold, it will form a cake of fat, of from two to three pounds, from leg-of-beef, rump, or marrow-bones ; *less* from other bones. When skimmed, take the

bones out, and strain or run the soup through a sieve or cullender; to take out the small particles of bones. When cold, it will form a good stock or jelly, which would admit of more water being added for soup, especially if flour is used.

Then add four ounces of salt ; a teaspoonful of pepper, or a small quantity of cayenne, which gives a better flavour, at about the same expense ; four or five middling-sized onions sliced, or leeks cut fine ; one or two carrots ; one or two turnips (according to size) cut small;\* a little celery, cut fine; and some potherbs, such as thyme, marjoram, or whatever is most handy. One pound of pearl or Scotch barley, or half a pound of flour, would make the soup very nice and substantial ; but it must not be boiled with the bones, as when

\* M. Soyer states that the exterior of every vegetable (roots in particular) contains more flavour than the interior; and therefore recommends *washing* only, instead of peeling. In this I quite agree; but they must be properly cleansed. Eels, also, are far better flavoured, if dressed with their skins on. A little sand and salt will cleanse them from all slime, etc. If celery cannot be had, the seed will give the flavour:—celery seed, in the proportion of two table spoonfuls to ten gallons of soup, tied up in a bit of muslin, boiled with the soup, and taken out when served.

strained it would adhere to the small bones. Take some of the clear liquor, without fat, from the boiler; put it into a separate saucepan, mix the barley or flour with it; boil it for two hours, and add it to the soup after it is strained from the bones, when it will be fit to serve. American hominy, or maize-powder, is a good substitute for pearl-barley or flour, and much cheaper. Soak the hominy in boiling water twelve hours. To one pound hominy, add three quarts water; boil it in a saucepan, occasionally stirring to prevent burning. When it boils, cover it down close, and let it simmer slowly. It will become of thick substance and fit for use for bread, soup, or other purposes. An earthen pot with lid, put into a slow oven, would be preferable to a saucepan. One pound hominy and three quarts water produce about six pounds. After it is boiled, it will keep two or three days. The maize powder does not require soaking.

If the soup be put into a shallow pan, stirring it now and then until nearly cold, and be kept in a cool place, it will remain good for several days. If not intended for immediate use, do not put vegetables until wanted. Then cut them and the herbs small; fry them with a little fat until brown, and

add them to the soup : it will improve the flavour and be much quicker done.

	<i>d.</i>
Ten pounds of bones at 1 <i>d.</i> .....	10
One pound of rice or barley.....	4
Seasoning and herbs.....	3
Firing .....	3
	<hr/>
	1 8

Two pounds of fat skimmed off .....	8 <i>d.</i> to 1 <i>s.</i>
Value of boiled bones .....	3 <i>d.</i>
	<hr/>

11*d.* to 1*s.* 3*d.*

Exclusive of the value of the soup.

Roast meat bones, if at hand, improve the colour and flavour of soup. The ordinary soup, when reduced by extra boiling and put into a shape, can be cut, when cold, like brawn, and makes an excellent dish.

Glaze or stock, either for soups or gravies, is made by reducing the soup by boiling (stirring it often to prevent a burnt flavour), and put into skins for sale. The confectioners charge it from five to seven shillings per pound. It could probably be sold for three shillings per pound with a good profit.\* The soup, as above, may be sent to a

\* To make the glaze in perfection, a stove or hot plate is requisite, as it is impossible entirely to prevent the burnt flavour with an ordinary pan.



distance in any quantity, ready to warm up for use or for distribution.

The stock and the meat taken from bones, would prove useful to families to warm up, and make a quick and cheap dinner. Cut some vegetables small, and boil them in the stock. When sufficiently done, thicken with maize powder, and add the meat, and boil half an hour.

Iron boilers are best for the purpose of making soup. By way of experiment, I boiled some bones a second time, after having already boiled them twelve hours; and a considerable quantity of fat was produced. I believe that it is possible thus to make a second lot of soup of middling quality with boilers convenient for the purpose.

---

#### NEATS' FEET, ETC.

I CALCULATE that three-fourths of the feet of the bullocks killed in the country are not used as human food, but are sold for a trifle to be made into glue or size. If properly cleaned and dressed, they are fit for any person. At the principal hotels they are extensively used for soups and jellies; for which purpose they are twice the value of any other meat. In some parts of the country;

the feet cannot be bought dressed; and to poor people, they would come much cheaper in the raw state.

---

RECEIPT FOR DRESSING AND CLEANING NEATS'  
FEET, ETC.

SOAK them two or three hours in a tub of cold water; then scrub them thoroughly with a hard brush in warm water till quite clean. Set them one at a time in a pail of boiling water, leaving a sufficient part of the foot out of the water, so as to be able to take it up without inconvenience from the heat. Be very careful not to leave it too long in the water, or the hair will be set, and it will be impossible to get it clean. When the foot has been about a minute in the water, take it up, and try with a strong knife if the hair will scrape off, and if not, leave it in the water till it does. Some feet will be sufficiently scalded in one minute; others will require five. When the hair comes off pretty easily, scrape it as quickly as possible with the knife. When the hoof end is done, put the other end into the water; scald and scrape it. Then with a very sharp knife scrape off any hair that may remain. When shaved quite clean, let

the hoof ends stand in some fresh boiling water for about ten minutes, then the hoofs can be pulled off by a strong hook fastened into a wall or post. Put the feet into a tub of cold spring water, and let them lie an hour or more to improve the colour ; scrape them again with the knife, when taken out of the water, and they are then ready to boil. Before you put them into the copper or pan to boil, bore a hole at the end of the bone into the marrow with an auger or gimlet, which will let out the oil. Four feet will produce a pint of oil, which is commonly sold at from ten-pence to one shilling per pint. They will take about four hours boiling. When sufficiently boiled, skim the oil off into a spouted jug, from which pour it, when settled, into a bottle or can ; but be careful not to bottle any of the liquor with the oil, as that would cause it to smell, and prevent its keeping. A similar process will clean calves' feet ; only that they do not require quite so sharp a scald. Two-thirds boiling water to one-third cold, and the hoofs will come off at the first scald. They are more delicate, and if left too long in the water, they will not scrape clean. Calves' tails always go with the hides, and may be bought at about *two*-pence each. When scalded and cleaned, they

weigh from half a pound to a pound. They would be excellent for various dishes ; and I should say, for soups, equal to ox-tail, if not better.

Calves' scalps are often to be had cheap at the butchers. When cleaned in the same manner as calves' feet, they weigh about three pounds, and are excellent for soups, etc. They may be had in the raw state for about sixpence.

---

#### LAMBS' FEET OR TROTTERS

ARE done with the water about the same heat as for calves' feet, with a little pounded resin rubbed on to scald with, as they are of rather a greasy nature. When thoroughly cleaned, they will average at about three to one pound weight, and can be bought from four-pence to six-pence per score, which quantity boiled in about four or five quarts of water for an hour and a half, will be fit to eat ; and the liquor, when cold, will be quite a jelly. The jelly from lambs' feet is particularly delicate. It is very nice for children or sick persons flavoured with a little cinnamon, lemon, etc. Jelly, either from neats' feet or lambs' trotters, sufficiently strong to mould, plain and cleared (not flavoured), would realise a good profit at one

shilling per quart. Lambs' trotters would make a family a good dinner, if boiled an extra hour with vegetables, such as parsnips, greens, potatoes, etc., and a little parsley and thyme. Neats' feet are very good in the same way, but particularly with onions. They are good also stewed with any sort of vegetables. Peas, too old for boiling, are excellent in this way, and become quite soft. Neats' feet may also be fried. The jelly from neats' feet, meat and all, when cold, is excellent with mustard and vinegar, onions, etc.; and from the liquor, strained from the meat, excellent jelly can be made, sweetened and flavoured to taste, at a very moderate price.

It may be worth mentioning, that the shank bones of mutton, which are almost invariably thrown away, are superior to any part of the sheep for broth, stewing, etc.; and when boiled together in a large quantity, a considerable portion of oil may be obtained from them as sweet and clear as salad oil. The four shank bones, each weighing from four to six ounces, from 300 sheep, would amount to more than 300 pounds.

By way of experiment, I boiled twenty lambs' feet and shanks of mutton together, in a gallon of *water* for two hours:—the liquor became a strong

and delicate jelly. The feet I sell from a half-penny to a penny each (cleaned). I pay sixpence per score for them; but poor people could get them cheaper, as some butchers charge me higher, being in the habit of using them.

Sheep's paunches are very good, something similar to tripe, and may be bought for two pence. When cleaned, they weigh about a pound and a half. In England they are generally used for dogs; but in Scotland; a favourite dish called a haggis is made of them.

---

#### HAGGIS.

WASH and clean the heart and lights; parboil and mince them very small; add one pound of minced suet, two onions minced fine, and two small handfuls of oatmeal: season highly with pepper and salt, and mix all well together; the bag being perfectly clean and sweet, put in the ingredients, press out the air, sew it up, and boil it for three hours.

## SOUP KITCHEN.

---

My plan for a soup kitchen would be, two iron boilers, the smaller one about two-thirds the size of the larger—with good furnaces well set, to save fuel. A good drawing furnace will burn any ashes, dirt, etc., and nothing will come from it but solid clinkers. The best and most economical way of managing a boiler, is to make a good roaring fire, in the first instance, with wood, coal, coke, etc., in order to get up the boiling. Then bank the furnace up full, with wet ashes, or any rubbish. It will keep in for hours. I have seen furnaces that will consume a good portion of sand, which is a good thing mixed with small coal, if ashes are scarce. The larger the boiler, the more convenient in proportion for the purpose. My boiler holds fifteen gallons, and will carry thirty pounds well. If it held thirty gallons, it would do ninety pounds better than the fifteen gallons boiler will do thirty pounds. The same with *boiling tripe*. My copper will only boil one large

tripe at a time; but if double the size, it would do four at the same expense. In a small way, where much glaze is not wanted, a small stove would do very well, much below the expense of a hot-plate, for preparing it.

In certain neighbourhoods, where there is a great quantity of bones in the summer season, there would not be sufficient demand for soup. A hot plate would then be requisite; and it would be economy to make glaze from the bones instead of soup. I calculate that in this town and two miles beyond, I could at the present time (June 1847) have more than 1500 pounds of good fresh bones per week. If the soup kitchen was brought into connexion with what is called the District Kitchen, an oven would be indispensable, by means of which, with the good stock and gravies, various useful dishes might be made at a trifling expense. I think a plan might be drawn for a General Kitchen, which would be of great service: but that can be thought of afterwards. I propose the larger boiler for the first boiling, as it allows more room for stirring. In the second boiling the bones are not so likely to catch or burn as in the first, and do not require so much room. Thirty pounds of bones



occupy about as much space as thirty pints of water, or three gallons and three quarts. The boiler must not be filled to the brim ; thus, in a boiler of fifteen gallons :—

	galls. qts.	
Allow empty space .....	3	0
Space for bones .....	3	3
Allow for evaporation in boiling .....	3	0
Stock or soup .....	5	1
	<hr/>	
	15	0
	<hr/>	

This soup would be strong, and ready for making glaze by further boiling. The second boiling of bones requires much more time, and consequently more allowance for evaporation. Four inches of water above the bones is not too much. When boiled according to the receipt given for making the soup, and the meat taken off the bones, that soup will be ready to serve, and the bones can be put into the smaller boiler. No matter how long they boil. They will make another lot of good soup and a considerable quantity of marrow or fat, amply repaying the trouble.

---

#### POMADE FOR THE HAIR.

I now find some demand for raw marrow ; *persons who make their own pomatum.* Wi

good receipt for making the pomatum, there would be in some cases another source of profit.

Beef marrow must be repeatedly melted and washed, until perfectly cleansed from all impurity and coloured matter. When quite white and clean, it must be *very much* beaten, and gradually mixed with the best salad oil, or the finest and clearest castor-oil: the latter is best for the hair. They should be mixed and beaten for above an hour. When finished, it should be of the consistency of very thick cream.

---

---

## ECONOMY OF FOOD BY USING BONES.

THE population of the town where I live is now about 10,000. The number of butchers, say ten, each having at the rate of fifty pounds of bones per week (and this is much underrating some of them), furnish 500 pounds; of which, in the summer particularly, little or no use is made. Thousands of persons rarely taste the flavour of meat; and when they have the means of getting a bit of meat, from a mistaken idea of economy they choose all meat, and pay more for it: the bone, which is far more

valuable for serving a family in the way of soup or broth, being left to waste or spoil. After the different experiments I have made, were I placed in similar circumstances to some at the present time, with large families and scanty means, and rarely able to procure the taste of meat, I should choose six pounds of leg-of-beef bone, with the meat trimmed off, in preference to the same weight of sirloin of beef, supposing both at the same price. I should like to have two lots of stock made, one from bones entirely, and one from solid meat, and have them tested by an experienced chemist, to ascertain the comparative amount of nutriment in each respectively. With proper conveniences, and at very little expense, a saving in this respect might be effected in this town. At the present prices of provisions, I should undervalue the saving accruing from the use of bones, if I put it at sixpence per pound. Taking the above 500 pounds of bones weekly at sixpence, the saving would equal 12*l.* 10*s.* Calculate what it would be throughout England, according to the number of beasts killed. I believe that Smithfield Market alone averages about 4,000 beasts weekly; that would be a saving of about 2,400*l.* weekly, by the *use of bones* from that market; besides Southall

and other markets in the vicinity of the metropolis. I see more clearly, every time I think of it, the saving which might be effected throughout the country by the more general use of bones. It would tend to reduce the price of meat; besides allowing hundreds of thousands to enjoy the flavour of good meat, who, at the present moment, rarely taste it.

---

The Writer of the foregoing remarks would be happy to attend to shew any of the methods here described, on having his fare paid by third-class train, and receiving five shillings per day. Application to be made to the publisher, with whom the address is left.

THE END.





